

Sommario

In questo contributo analizzeremo due costrutti psicologici: l'autostima e l'auto-compassione, secondo quanto scritto in letteratura. In particolare, confronteremo gli effetti dell'alta autostima e della sua continua ricerca con quelli l'auto-compassione, evidenziando i nuovi contributi teorici che sottolineano gli effetti negativi del primo costrutto confrontarli con quelli produttivi del secondo.

Esamineremo l'alta autostima e l'auto-compassione in rapporto agli aspetti relazionali, psicologici, emotivi e di performance dell'individuo e della comunità. Nelle conclusioni apriremo uno spazio di riflessione che mira a rivalutare l'obiettivo frequente di ricercare costantemente un'alta autostima e di integrare quest'ultima con una cura di se stessi e degli altri.

Parole chiave: autostima, auto-compassione, relazioni interpersonali, emozioni.

Abstract. Self-esteem and self-compassion. Two different ways of relating to themselves

In this paper we will analyze two psychological constructs: self-esteem and self-compassion, as written in literature. In particular, we will compare the effects of the high self esteem and his continuous research with the self-compassion, highlighting new theoretical contributions that emphasize the negative effects of the first construct comparing them with productive ones of the second.

We will examine the high self-esteem and self-compassion in relation to relational, psychological, emotional and individual performance and community. In the conclusions we will open a space for reflection that aims to re-evaluate the common goal of seeking consistently high self esteem considering the necessity to achieve this goal thanks to the care of oneself and of others.

Key words: self-esteem, self-compassion, relationship, emotions.

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